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What makes us grow old?

FEW SCIENTISTS have combined pure research with practical medicine as brilliantly as Sir Macfarlane Burnett, OM. His work—he won a Nobel Prize for Medicine in 1960—has illuminated the basic nature of life, but has also helped to control diseases like polio. Now, in his 71st year, he has written a book which argues—among other things—that fundamental research in the life sciences now has almost “no direct bearing on the prevention of disease.”

In the first of two extracts from *Genes, Dreams and Realities*, Sir Macfarlane puts forward a theory to explain why human beings age—and assesses the possibility that science can find a way to postpone death.



Sir Macfarlane Burnett, OM

istic of age are seen in collagen from a two-year-old mouse, a three-year-old rat or a twelve-year-old dog in much the same stage as those in a 70-year-old man.

This tells us that the atrophy of collagen is not a simple matter of wear and tear, but occurs at a time appropriate to the species. It was recognised by Weissmann in the last century and has been accepted by virtually everyone who has thought about ageing since that time. “Allotted span” for any species is something genetically programmed as a result of evolutionary processes. In the wild it may be extremely rare for any single individual to reach that allotted span, but it must be there.

That the individual grows old and dies is an inescapable fact, but how are we to start trying to understand it? Does something positive happen by which Nature, as it were, compels the organism to commit suicide at the appropriate time? Or is it a more negative process by which the body when it reaches a certain critical age ceases to do those maintenance tasks which are needed, as in any machine, to counteract some steady process of running down?

There are many patterns

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Bryna Wharson

among animals and there is probably no single answer. Mayfly imagos die within a few hours which surely must be regarded as a positive suicide. Even if we confine ourselves to vertebrates there is the example of the salmon's sudden senescence after spawning. However, for all higher vertebrates, including ourselves, we must probably look for the second type of situation, a fading out of maintenance, a sort of built-in obsolescence. There are various semi-technical ways of expressing it—that Nature loses interest after age X, that potentially lethal genetic characters do not express themselves until after age X—but they tell us little or nothing of the nature of the biological clock that determines X.

SO FAR, WE HAVE BEEN CONCERNED with negative factors in ageing—vulnerability with loss of elasticity and atrophy of collagen. There are also positive disadvantages of age, in the sense that many diseases are so characteristically confined to old age that they either form part of the picture of senescence or are very closely related to the basic processes of ageing. These diseases include cancer, a range of diseases in which the individual's immune system starts to destroy his own cells (the autoimmune diseases) and another range of conditions associated with degenerative changes in blood vessels of which coronary disease (heart attacks) and “cerebral vascular accidents” (strokes) are the most conspicuous.

In recent years much of my interest has been in the possibility that the immune system may play a significant part in both cancer and ageing. The immune system is the body's defence mechanism, which destroys foreign material gaining access to the body, and which may also be involved in destroying mutant cells, which have been so changed that, although arising within the body, they appear to be foreign to it. In this connection, the most important part of the immune system seems to be the thymus gland, together with the lymphoid tissue and lymphocytes to which the thymus gives rise.

All young mammals are born with a large thymus, so called because of a resemblance in shape to that of two slightly overlapping leaves of thyme. It lies behind the breast bone and over the great vessels near the heart and is made up mostly of cells known as lymphocytes. Lymphocytes are found throughout the body and are constantly circulating in the blood and lymph. Apart from the thymus they are particularly associated with the spleen, bone marrow and lymph glands. The lymphocytes seem to be essential for a normal immune response and many of them seem to depend on the thymus gland for their normal function. Lymphocytes which are dependent on the thymus are known as thymus-dependent or T-D lymphocytes.

The production of T-D lymphocytes or defence cells reaches its maximum very soon after birth when the thymus itself has its greatest size relative to the body as a whole. In man the absolute maximum size is reached at the age of 10-12 years. Then it diminishes in size and becomes functionally insignificant in middle age. Most individuals over 60 have only two small fatty lobes with some fibrous tissue to show where their thymus used to be. This does not mean that there are no T-D lymphocytes in the circulation or lymph tissues of an elderly individual. There are still many

descendants of cells that were developed in the thymus but no new lines are being produced. Much more could be said about the T-D immune system but the important thing from our present point of view is that it is the system concerned with recognising and dealing with foreign cells, either cells from another individual that have entered the body by grafting or injection or cells which by somatic mutation have developed a new character.

The T-D lymphocytes recognise foreign cells by surface to surface contact and then destroy them by complex and as yet poorly understood processes. During the reaction the lymphocytes themselves may be destroyed and other tissues in the vicinity may be damaged.

Over the last five years I have been writing a good deal about the “immunological surveillance”, which is the concept that one of the biologically important reasons for the existence of an immune system is to deal with incipient malignant disease, with cancer. The T-D system, on my reading, is primarily there to recognise any little group of abnormal cells and to nip it in the bud before it becomes too large and invasive to deal with.

It is a surveillance system, perpetually patrolling the body, as it were, for evil-doers.

The lymphocytes tolerate any normal chemical patterns that have a genetic right to be in the body. It is only when some unusual character develops as a result of mutation that the T-D lymphocytes are called into action. And although mutation is a rare event when one is considering individual cells, there are so many billions of cells in the body that mutation must be constantly occurring.

There is a large body of evidence from animal work in favour of the idea of immunological surveillance, (which I have elaborated on in my book). But there is also evidence from outside the experimental laboratory.

Warfare of the cells: 'goodies' v 'baddies'

The major difficulty in transplant operations is that, in the nature of the business, “foreign” matter—a heart, say, or a kidney—is introduced into the body. The immune system, if it acts normally, will reject the “foreign” organ, and cause the transplant to fail. In order to avoid this, transplant patients are given drugs which suppress temporarily the action of the immune system.

Now, more than 30 cases of cancer have been reported as arising in patients who had been under long-continued treatment with immunosuppressive drugs after transplant operations. Statistically, such cancers are many times more numerous than they would be in persons of similar ages not receiving such drugs. At the human level this unfortunate side effect of kidney transplantation is the most decisive evidence of the possibility that malignant tumours may start up relatively frequently and of the role of the immune system in destroying these incipient cancers.

Surveillance cannot be wholly confined to malignant cells. If some type of common mutation eventually produces a large population of cells with the same altered character but with no tendency to proliferate unduly then sooner or later these two will be recognised by the lymphocytes and destroyed or destroyed. Because such mutants do not

produce obvious effects in the way that cancer cells do, we shall probably never be able to know just how frequently they arise. However, it seems probable that the embryo starts with a clean slate but that with every new cell generation some mutations will occur. As an animal matures and ages a progressively increasing number of cells will have undergone one, two or more mutations.

Towards the end of life, it is probable that some of the more common types of mutation are represented in a majority of cells. Several writers have felt that ageing may largely be the result of simple accumulation of mutations. Others, including myself, agree that this is important, but feel that the characteristic stigmata of old age result much more from the immunological responses which are associated with the mutations.

There is one further aspect of mutation which is especially important because it involves the lymphocytes themselves. A lymphocyte must not, for obvious reasons, attack normal body cells: they are sacrosanct and tolerated by the whole immune system. No immune response must be mounted against anything which is rightfully present in the body.

But even in Nature, even in the living body, such laws are not always obeyed. Lymphocytes themselves may mutate and may change their character almost literally from good to evil. They may become changed so that they mistakenly regard some normal cell as alien and attack it as they would a foreign cell. This attack, when it produces symptoms, represents autoimmune disease. There is some evidence that these abnormal lymphocytes may themselves be recognised as foreign by other normal lymphocytes and destroyed, so occasionally naturally terminating the disease.

AT THIS STAGE, I should warn the reader that I am unabashedly presenting a hypothesis about the nature of ageing which I helped to develop and about which I have been writing recently at the technical level. Under these circumstances, I shall be biased in deciding that most of the alternative hypotheses are so improbable that it would only confuse matters to discuss them!

The essence of the approach to ageing that I shall use is that it is to a very large extent determined by the exhaustion of the thymus-dependent immune system.

For the time being we can set aside the obvious next question of why the immune system itself fades with age. There are many good lines of evidence, some already mentioned, that all immune responses become less effective with age and if this is so then immunological surveillance will go the same way. On the other hand, as age advances all effects of mutation that are not lethal to cells will steadily accumulate. Mutant cells will go on developing further mutations and if any such mutation sequences give a proliferative advantage the cell line will be well on the road towards malignancy.

The concentration of cancer towards old age therefore has two main conditioning factors—the accumulation of somatic mutations by the simple lapse of time, and the waning effect of “immunological surveillance” in nipping the incipient cancer in the bud.

What I have said about the nature of autoimmune disease would necessarily imply that, like cancer, such conditions will become more frequent in old age for the



Cell tissue of a man aged 60

the road to malignancy will be scattered through the tissues and there will be enough of some types to allow an immune response against them. This is a deduction which it may be impossible to prove or disprove either at the clinical or experimental level.

If it occurs it will be a slowly progressive process. One might picture a mutant change X being common in the cells lining the blood vessels. Once an immune response had stimulated the development of a significant number of anti-X lymphocytes, we should find gradually increasing numbers of episodes in which X cells are attacked by anti-X lymphocytes.

In each episode a little focus of damage will be produced with trivial effects in itself but in the long run contributing to a degeneration of the vascular system. There are hints that this does take place, but nothing approaching proof.

Similar types of damage to normal tissues in blood vessels or elsewhere could be produced by abnormal mutant lymphocytes. When, with age, the efficiency of immunological surveillance is waning and active families of autoimmune cells are allowed to flourish, chronic organic damage of some sort is to be expected.

The essence of the argument is that a progressive run down of immunological surveillance with age is the dominating factor which accounts for the association of cancer, autoimmune disease and degenerative change with ageing. This does not exclude the possibility that genetic or environmental factors may accelerate or retard the basic process.

WE ARE LEFT with the question of why the immune responses run down, and with the need to justify the assumption that the loss of effectiveness of the immune system precedes and in a real sense is responsible for degeneration and loss of effectiveness in other parts of the body. The loss of effectiveness of immune reactions with age is well established but we have not accounted for that weakening nor have we brought into the picture another major feature of ageing referred to earlier—the degeneration and partial disappearance of collagen.

All lymphoid tissues, spleen, lymph glands, bone marrow and thymus shrink with age. But the thymus degenerates at a much more rapid rate than the others. There is very little functional thymus left after forty or fifty, and none at all in

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Does fame make you live longer?

continued from preceding page

old age. As the thymus-dependent lymphocytes are responsible for surveillance, one naturally looks for some relationship between the virtual disappearance of the thymus in middle life and thereafter the steady rise in cancer and autoimmune disease. Taking everything into consideration I am inclined to believe that this is the best current available explanation for the phenomena of ageing.

In one sense, the biological clock can be located in the thymus and its dependent cells. When they fade away, maintenance ceases and all the evils of old age are set loose.

But we cannot stop there. Once again we have to go deeper and look for possible reasons why the thymus should atrophy at around the age of one year in mice and 40 years in man. This brings us to the Hayflick limit, and once we reach that we have gone about as deep as we can go at present.

Hayflick is a scientist working at the Wistar Institute in Philadelphia. His specialty is tissue culture, the growth of cells outside the body by culturing them in artificial media under controlled conditions which resemble those found normally in the body fluids.

He found, and others have confirmed, that if he started a tissue culture line from human embryonic cells those cells would under the best conditions multiply for about fifty generations (ie. each cell with its descendants would divide about fifty times). Then, when the cultures were of cells all around 50 cell generations from the "founding fathers" they lost the capacity for further multiplication and

slowly died. This did not happen if somewhere along the line there had been a mutation to a more or less cancerous state.

Apparently therefore there is a clear limit of around fifty to the number of times an embryonic human cell can go on dividing. Hayflick feels strongly that the phenomenon is basic to ageing and I find the idea very attractive—though I am prepared to change my mind if new evidence calls for that. Its attraction may simply be that it allows a self-consistent theory of ageing to be formulated which covers most of the facts and has not yet been disproved.

Rats, rubber tyres and Bernard Shaw

The theory takes more or less the following form. Each species has a basic inbuilt biological clock, in the form of an appropriate Hayflick limit to the number of divisions which can take place in somatic cells. Once any line reaches the limit appropriate to the species, the cells can go no further, there can be no more descendants and the tissue which should receive the new cells must atrophy. It follows that if a certain set of cells vital to continued life exhaust their quota of generations more rapidly than any others, the signs of old age will be the changes which result from the absence of these particular cells. We know that the most active turnover of relevant cells is in those lines which lead to T-D lymphocytes, and we deduce that the cells which are involved in the production of collagen must also exhaust their quota early.

This is not so unlikely as it may seem, because it is probable that the cells of the immune system and the "fibroblasts" which produce collagen are both derived from the same ancestral stem cells. If this is so then it would be reasonable for them all to tend to reach their Hayflick limits at around the same time, and before the rest of the body is affected.

It may be that this immunological theory of ageing is a little too sick, that we are looking at only one facet of a very complex situation. But as the matter stands today it seems to be the best general statement we can find.

An indication for the need to keep an open mind can be given by mentioning two experimental findings that do not show any obvious relationship to the immunological theory. Since they represent the only examples of experimentally increased longevity, they must be given due weight.

(1) If immediately on weaning rats are given a diet in which the balance of calories and vitamins, development of sexual maturity can be delayed for nearly three years. If they are then given a full diet they may survive for a total of five years, which is much longer than rats survive on a normal laboratory diet. There are obviously interesting things to be learnt about thymus sizes and cellular turnover in these animals if they are to fit into the picture.

(2) In industry, if one wishes to improve the "longevity" of rubber tyres or to keep fats from going rancid, one adds antioxidants, organic chemicals which inhibit the oxidation processes. It is claimed that if mice are given

similar antioxidants they live longer than their untreated litter mates kept under the same basic conditions. It may be that there is a clue here as to the nature of the Hayflick limit—or in ten years' time the finding may be seen as the beginning of some entirely different approach.

THE POSSIBILITY OF PROLONGING human life has fascinated people for hundreds of years. The earliest scientific ideas, those of Voronoff and Steinach, suggested that ageing was associated with a fall in sex hormone levels. Although modern views on the feasibility of prolonging life are more sophisticated, most work with humans is still in the sexual field. Several groups are interested in showing that post-menopausal women treated with a proper balance of hormones are less liable to weakening of the bones and to cancer of the uterine cervix and are in general healthier.

No one so far has been able to satisfy the critical minded that his results prove his case.

Many opinions have been expressed as to what will lengthen life or what will shorten it. In the play that Bernard Shaw wrote on the topic, *Back to Methuselah*, his contemporary Prime Minister asks the brothers Barnabas whether their elixir is sour milk, or lemons, or something else. Of suggestions I have come across in my reading, the one that interests me most is that there may be length of life to be gained by winning success and recognition in professions supposedly sheltered from social stress.

An American sociologist took a properly chosen sample of men whose biographies were included in the *American Who's Who* for 1950 and followed the mortality among them for the next twelve years. Making the appropriate



actuarial adjustments to give a single figure for the mortality of each professional group, he found that American scientists well known enough to be entered in the book had a death rate only 79% of that for the whole *Who's Who* group covering the professions, politicians, business men and all the rest.

This was one of the lowest values, while journalists had the highest, with 210% of the average mortality.

There are also available general US figures for mortality in occupational groups including the professions. Comparison of the well known scientists listed in *Who's Who* with the whole group of scientists of the same age showed that the famous ones had a mortality only one-third as high as that of the whole group. Eminence was therefore clearly associated with longevity.

The protective effect of success and eminence is seen not only in sheltered scientists, but also in the supposedly

stressful conditions of industry. In 1963 a fascinating study of coronary heart disease in the 270,000 employees of the Bell Telephone Company was reported in the *Journal*.

Everyone might have thought that the top executives with their problem-strewn lives would have the highest rate of heart attacks, while the sheltered workmen would have the lowest rate. The findings revealed precisely the reverse.

Among the workmen, there were 433 heart attacks per thousand men per year. High executives had a rate of only 1.85 per thousand per year. The finding has never been satisfactorily explained, but it fits in with another recent study of 270 men, 60 to 94 years old, which found that "work satisfaction and morale" are better predictors of longevity than physical fitness, smoking history, nutritional status or parents' age at death.

Even if we knew much more about ageing it would not necessarily give us a practical

means of extending the average life span. Nature is not going to co-operate with us in keeping men or any other animal alive for much beyond the span she has allotted. What I think may be a useful approach to prolonging the period of healthy old age is, however, suggested by one characteristic of the thymus.

Every serious illness, whether an infection, an injury, or anything else requiring hospitalisation, causes rapid atrophy of the functional part of the thymus. If the view I have adopted about the role of the thymus is correct, one could claim that each episode uses up part of the quota of thymus-dependent cells and therefore shortens life.

Modern versions of medieval elixirs

Anything we can do to provide a childhood and early life free from illness is in itself likely to favour freedom from untimely illness in old age. That, I think, runs so well with traditional wisdom and also with statistics of mortality that it is both sound advice and, I like to think, a little bit of support for the hypothesis of ageing that I have favoured.

UNDOUBTEDLY THERE ARE scientists concerned with the problems of age who display more optimism than I can. Dr Defares, a Dutch gerontologist, is developing an approach to maintain a proper balance of hormones in the body for people of fifty and over, with a special concentration on the problems of post-menopausal women.

There are suggestions that stimulation of the immune system in order to strengthen

immunological surveillance and resistance to infection in late years may be possible. At one time on ageing which I gave to medical students, one of the audience made the logical suggestion that at about the age of six half the thymus should be removed and stored in liquid nitrogen until the child had passed through middle age. Then, when the individual was about sixty, his own thymus could be transplanted back.

Others might suggest the same procedure with bone marrow, or with both bone marrow and thymus. Another approach is that of looking at the antioxidants. It is possible that if they should be proved to stop the accumulation of toxic chemicals in cells the Hayflick limit might be raised. Treatment with antioxidants might then prolong life, although to be effective it would almost certainly be necessary to take the drugs throughout most of the life span, thus raising very obvious difficulties.

In summary, therefore, it seems to me that while we may be successful in enabling more and more of the population to reach a healthy old age of 70 or 80 or even a little more, there is no serious prospect of prolonging life far beyond that for the majority of people.

On either practical or theoretical grounds most of the modern suggestions are far less substantial than a medieval elixir of life.

Genes, Dreams and Realities by Michael Bunker, first published on August 18 by BTP Medical and Technical Publishing Co Ltd, Aylesbury. Price £2.75.

NEXT WEEK: the uselessness of laboratory science

Personal

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THE FINE first act of Maxim Gorky's *Enemies* (Royal Shakespeare Company: Aldwych), adapted by Jeremy Brooks and Kitty Hunter Blair, is like a Galsworthy play translated into Russian, and then translated back into English. Its presentation of the conflict between the workers and their wealthy rural employers has the brave impartiality, the ominous despairing pity of "Strife" or "The Skin Game."

Thereafter the play fragments itself into individual studies: the hysterical young sympathiser with the workers, the dried up public prosecutor, the old conspirator, the lovable feckless drunkard, the bored actress who sees into the future better than anyone, monopolise our attention with their personal problems. The last act, in which a trial becomes a general conversational rendezvous, is ludicrous without being funny; and a sudden, unprepared, irresolute switch by the director, David Jones, from naturalism into symbolism is a catastrophe in the modern, rather than the ancient, sense of the term.

But the play should be seen; it shows how admirable, in its realistic way, was the sort of drama nurtured by the best old-fashioned companies. It would be very satisfying indeed at the Moscow Art Theatre: but even that could not better the auctioneering traditionalism of John Wood's amiable tippler.

"Enemies" declares that the workers are children, and Lesley Storm's Look—No Hands (Fortune) slyly suggests that children, far from being little angels, are really small ogres from whose adult world is in urgent need of protection.

As one of its characters distractedly observes, no man in his right mind would dream of speaking to a little girl except in the presence of his lawyer, let alone offering her a lift home from school in his car. Nevertheless the offer is made, and it is not the pocket-sized infant who is taken for a ride. The play's opening scenes are slow, but once the incredible folly is committed, I laughed loud and long. Harry Towh, as a film producer well acquainted with the villainous duplicity of tiny tots, gives an exhilarating performance whose richest moment comes when he recalls his terror of his wife who, one gathers from his eloquent gesture of classic dismay, would go into a pint pot and still leave room for spare. Peter Cotes directs the play with a very light touch.

There is much to admire in the production by Michael Blakemore and John Dexter of Adrian Mitchell's *Tyger: A Celebration of William Blake* at the National Theatre at the New. Isabella Lucas sings some of Blake's poems in fine and ringing tones. Mike Westbrook's music is soothingly lovely when it is quiet, and rousing as a trumpet when it is noisy. There are blow-ups of Blake's engravings of tortured negro slaves to which one's response is equivocal, but which touch the nerve of beauty. These magnificent twisted black bodies are so noble in line and composition that it requires an intellectual effort to realise how harrowing they are. In a humanitarian sense they are inferior to Goya's *Horrors of War*, but if you are more of an aesthete than a human being they will give you prodigious pleasure.

But there is, of course, Mr Mitchell's book, which is a series of caricatures of the Arts Council, royalty, Westminster, housewives, Sir Joshua Reynolds and anything else that Mr Mitchell happens to dislike. Few people would go to Mr Mitchell for clear definition, historical knowledge, or common sense. He would seem to be able to swallow anything, even Rousseau. To him the Nobels, Savages and the Golden Age are solid facts. Our only intellectual committed dramatist, David Cauter, has just published a scintillating book on the ideological background



Under the handkerchief: Sir Michael Redgrave, who will appear in "The Old Boys," by William Trevor, opening at the Mermade on Thursday

of modern drama called "The Illusion" (Deutsch). Its pages explode with the forensic fireworks of a learning that Mr Cauter takes no pains to conceal, and it has a reference to mental raggedness, coherence, repetitive and derivative rhetoric, and self-pity which in Mr Cauter's text has no connection with Mr Mitchell, but which expresses my personal opinion of "Tyger" with accurate felicity. Even the better parts of the entertainment, like an incursion of poets into Blake's house, remind one of a Footlights revue in a bad year.

Mr Mitchell is theatrically inept. He expresses (surely unconsciously) such Victorian disgust at a transvestite young man that one is inclined to ask, in the words of one of his characters, where can he have been living since 1757? He even manages to present the poem "Every thing that lives is holy" in such a way that the question is immediately prompted. Well, but is it? Are rattlesnakes holy? Slave owners? People who beat their children? The company vigorously applauded itself at the end, but it would be criminal to encourage them. I am afraid they would never make it at the Palladium.

The Chichester revival of Robert E. Sherwood's *Reunion in Vienna* came to me as a surprise—even a shock. That may be because I did not see the Lunts, whose magic may have been able to make strychnine palatable. According to my Penguin Dictionary of Modern Quotations the Duke of Argyll says that there are only two kinds of people in the world—those who are nice to servants and those who are not. His Imperial Highness the Archduke Rudolf Maximilian is nice to no one, but to servants he is especially offensive. Sherwood actually admired this out of any house in Europe that of not a brother. He equated bullying with manliness, and gloats over his hero's climbing back into the bed of his former mistress, now married to a Viennese psychiatrist, the whole odious thing being cheered on by a gling chorus afflicted with senile decrepitude.

Nigel Patrick presents the Archduke with a far better swagging performance than he deserves; Margaret Leighton is palely beautiful as the lady; and in the last act Michael Aldridge plays the psychiatrist with so much quietness and repose and even dignity that for a few moments one forgets that better plays than this have been booted off the stage with derision.

The author of "A Heart and Mind Job" (Hampstead Theatre Club) is Don Hawthorth.

Monarchs of opera

MUSIC □ DESMOND SHAWE-TAYLOR

I WAS DELIGHTED to hear an eminent historian hold forth the other day on her admiration for Italian 19th century historical opera. Her enthusiasm was real: she was not patronising these operas as amusing period pieces, and she was quite unimpressed when asked whether she felt no such qualms about their more extravagant historical inventions as many people felt about Rolf Hochhuth's Churchillian fantasies in "The Soldiers."

The cases, she maintained, were essentially different. Hochhuth, like many other modern writers, has claimed documentary support for his version of recent events; but Schiller (the source of numerous Italian operas), though himself at one time a professor of history at Jena, was consciously adopting in his plays a well-understood convention, deriving from Shakespeare, whereby historical situations and characters could be freely manipulated for dramatic and poetic effect.

Schiller, at all events, as filtered through the imaginations of Donizetti, Verdi, Rossini and their librettists, has provided the main source of my week's musical pleasures; and I felt throughout in sympathy with my distinguished friend's point of view. The German poet's capacity for dramatising historical struggles in terms of grand scenes of personal confrontation—even when the participants may never really have met, or are made to express sentiments more or less impossible to their historical selves—makes magnificent material for composers who know their business; and it was immediately clear that the often unjustly maligned Donizetti knew his business inside out in his Maria Stuarda, which received a resplendent concert performance at the Festival Hall on Sunday, with Montserrat Caballé and Shirley Verrett as the rival Queens of Scotland and of England and rival claimants for the affections of the Earl of Leicester.

The first act belongs mainly to Elizabeth, and contains some conventional numbers as well as a magnificent, long-aria, *aria di entrata* for the Queen and an effective duet for Elizabeth and Leicester. But the music could have been weaker, and still held us enthralled in such an interpretation as it received from Shirley Verrett. It is true that in her determination to secure the maximum intensity of utterance

she sometimes forced her tone, especially in the lower register; but she showed herself here, as in her Covent Garden Ariadne, a magnificent singer and musician who phrases with the keenest attention to verbal and musical detail, and at the same time with flashing brilliance and fire.

Act 2 introduced us to a pathetic and at first gentle-sounding Mary in the person of Montserrat Caballé, whose sweeter and rounder tones, with those famous ethereally floating pianissimi, provided an ideal contrast. But the encounter of the two Queens in the park at Fotheringhay brought out the proud temper in Mary's character, and correspondingly fiercer tones from Mme Caballé; the scene is calculated to excite the most pathetic audience, and she went magnificently at the Festival Hall, notwithstanding the absence of a stage picture.

The finest music of the opera is reserved for the long third act, especially for the scene of Mary's confession to Talbot (Glynn Howell, excellent) and her prayer, with her Scottish retinue, in the affected minor section of the confession. Mme Caballé showed some vagueness in the matter of time-values which, together with a recurrent vagueness over words, was the only serious flaw in her singing; but the generally promising conductor, Enrique Garcia Asensio, who directed the NPO and the Royal Choral Society.

The tenor, José María Carreras, was also new, and attractively clean of voice and style, though perhaps a little rash to have dispensed with a score. After the performance there were scenes of prolonged and rapturous enthusiasm which were justified by an experience on higher level than anything we are used to in this field. I hope that Miss Denny Davys, who seems to be carrying on the traditions of the lamented London Opera Society, will take heart from such a reception, and extend her activities.

It is strange to reflect that Don Carlos received rougher handling from Ernest Newman on the occasion of its 1933 Covent Garden revival than "Maria Stuarda" gets from almost anyone today. Nothing has done more to establish the true greatness of Verdi's work than the 1958 Visconti/Giulini revival at the same house, and now a superlative four-disc HMV recording

(SLS 856 £7.50) under Giulini, with the Covent Garden Orchestra at the peak of its form, will make new admirers for the opera all over the world.

The strong cast is headed by the two ladies discussed above. Although Caballé vocalises this sort of music better than anyone else today, she does not always reveal (as Giulini's conducting so notably does) the point and meaning of each phrase; in the last, sad parting with Plácido Domingo's eloquently sung and characterised Don Carlos, however, both singers reach sublime heights. Verrett's Eboli, impossibly elegant in the early scene of social gossip with Rodrigo and thrillingly dramatic in "O don fatale," is in a class of her own; and Sherrill Milnes, though less accomplished in detail, makes a strong, mainly Rodrigo. The fine musicianship of these four is well illustrated in their Act 4 quiet; while earlier in the same scene Ruggero Raimondi's gloriously sort Philip II and Giovanni Folani's darkly menacing Grand Inquisitor do ample justice to Schiller as well as to Verdi.

On Friday the Proms, to which I will devote my entire attention next week, opened with a performance of Mahler's Eighth Symphony under Colin Davis which I neglected in favour of something nowadays much rarer: William Tell. In Rossini's last opera soloists from the London Opera Centre combined at Sadler's Wells with Northern Opera's reinforced chorus and Tom Hawkes' lively production of last May under the decisive control of James Robertson, who directs at both these institutions.

The score is full of good things, and more elaborately worked than any other Rossini opera; but its neglect is inexplicable. The adaptation from Schiller is stiff; and the music of this most spontaneous of composers betrays a recurrent and unfamiliar impression of effort.

The outstanding singer was Stuart Kale, who showed flexibility and some power in the high tenor role of Arnold. Bernard Lyon, as the patriot hero exalted in the cleverly stage-managed apple-shooting episode with Nan Christie's gallant Master Tell.

MY apologies to Timothy O'Brien for carelessly misattributing his beautiful "Knot Garden" designs to John Bury writing last week about the future of Covent Garden.

"LAUGHTER"
Philip Hope Wallace The Guardian

AT THE FORTUNE

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ASHTON 836 6043. E. 8.0. Sat. 8.30. Sun. 4.00. **THE MUSICAL OF A LIFETIME**

BASEMENT THEATRE 49 Greek St. W. 437 5413. Lunch 1.15. 4.15. 7.00. 9.00. **THE MUSICAL OF A LIFETIME**

CAMBRIDGE 836 6056. E. 8.0. Sat. 8.30. Sun. 4.00. **THE MUSICAL OF A LIFETIME**

INGRID BERGMAN
JOSS ACKLAND
KENNETH WILLIAMS
in **CAPTAIN BRASSBOON'S**
Last week. Most close July 31.

COLISEUM 836 7300. E. 8.0. Sat. 8.30. Sun. 4.00. **THE MUSICAL OF A LIFETIME**

KISS ME KATE
An understanding evening of good times well sung. Gladstone.

CONCEY 836 2578. E. 8.0. Sat. 8.30. Sun. 4.00. **THE MUSICAL OF A LIFETIME**

THE MOUSETRAP
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COLISEUM</

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**CAROLA
MATTHEWS**
**AT THE TOP OF THE
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Evening Standard £3
MACMILLAN

Germaine Greer's first column. Her subject: the Smell Sell

Bryan Wharton

SOMETIMES, in the course of my indefatigable search for truth, I dip into the volumes of research findings in marketing and consumption which are beginning to gorge the shelves of academic libraries, aware with the new disciplines of commerce. (That aware is a Freudian interpolation which honesty bids me leave unchanged.) Fascinating reading they are too, of the hair-on-end variety.

Imagine, your job is to persuade folk to munch more of a particular brand of, say, codeine tablets. Yours not to fuss about whether they need the tablets, or whether the tablets can do them any good. Cheerfully the problem is posed: "How to sell more of Xanax?" and pat comes the answer: "We must stimulate a demand for regular, repeated and if possible escalating dosages."

In this spirit the advertising campaigns are organised; all problems of the organism are mustered under the heading of tension. A logo is devised—perhaps a line drawing of the human (female usually) head and shoulders gripped in cruel bands of tension.

The most sinister aspect of the chatty, amoral style of the professional persuaders is that when they are forced to refer to a pronoun to the helpless, psycho-analysed, dopey buyer of anything that is sold, that pronoun is usually she.

A habit-forming drug is a perfect commodity, and heroin, of which very few doses are enough to ensure the need for regular, escalating consumption, is the paradigm. In the New York subway one may see beautifully designed, five-foot high posters showing in four colours, back lit and immaculately photographed, all the beautiful drugs one may

buy in any school playground. And above or below, that infallible sales gimmick, "Don't."

It is hard to believe that the New York anti-drug campaign has been organised by an agency unaware of the persuasive power of their graphics and the perversity of their wording.

The machinery of advertising is geared to sell; it cannot be applied to extinguish an existent demand. It operates automatically in the same old way—"Buy, buy" the heroin posters are really saying, "and you too may be the possessor of this larger-than-life brawny arm and this snazzy turtleneck. You too can be a hero, get your picture in the subway. Dig my gleaming syringe."

Now the buyer of heroin may not necessarily be a she, even though prostitution in New York is now largely a matter of earning enough to pay the heroin bill (it's easier on the pump that way) but it is usually the member of an oppressed group, perhaps poor, perhaps black, perhaps female, perhaps all three. When it comes to the over-fed consumer classes, the inert and the susceptible buyer is usually assumed to be a woman.

There are good reasons for it; poppa earns and momma spends. Cars, tools, machinery, sports equipment will be sold to him, but nearly everything else, especially fashion, cosmetics and luxury goods will be sold to her.

One of the most gripping exploits which one may read in the annals of market research is that of the brilliant *boffins* who hit upon the plan of solving the problem of "spare capacity" in the toiletries industry by inventing the problem (at one and the same instant as its solution) of vaginal odour. The poor buyer could be relied upon, however



many years she had been upon this earth, to identify with the malodorous but pretty women who snuggled belly-to-belly with young men in the advertisements.

The combination of fantasy and self-doubt worked like a spell. Few women thought to consult their doctors and fewer to follow their advice. Doctors, after all, are against all sorts of femininity, high heels, tight clothing, false eyelashes. The feminine deodorant sold.

But all did not go well. Magazines that once carried 15 pages of vaginal odour per issue began to run articles that began in a paranoid vein: "Feminine hygiene did not spring full-blown from the minds of Madison Avenue—well, nobody thought it did; after all Madison Avenue did not invent the bidet."

In the course of such articles, curious facts came to light: "Since the area is generally covered with clothes, panty-stockings et al, the perspiration can't evaporate."

The answer would appear to be "Remove clothes" rather than "Squirt with chemicals."

More unwillingly, perhaps, came the warning, in brackets: "Doctors caution not to use (vaginal deodorants) just before intercourse, or undue irritation may occur." What horrors could be masked under *undue*? Due irritation had been enough. Suddenly the whole rationale collapsed. Those ads that said: "You don't sleep with your teddy-bear any more..." that showed bare-ass couples leering at each other, all implied that copulation was the deodorant's *raison*

d'être. After all, it wasn't as if the streets had been littered with those overcome by vaginal fumes.

From the start it had been an intricate problem. And what is the point of *menstruating* vaginal douches if one's lover is not an aficionado of the cool-as-a-mountain-stream experience?

Miserably, the articles went on to say: "Most doctors concur that douching should not be done more than twice a week." Easy to say that, since most doctors concur that douching should not be done at all, if the mucous lining of the vagina is to be kept intact and vaginal flora undisturbed.

After there were no tests to establish the existence of the problem, I am asked to cite tests to prove its non-existence, a pretty improper proceeding.

Actually it has turned out to be a hilarious party game: "Design a consumer test for vaginal deodorants." Will your sample take account of age, race, social and sexual status?

How will you arrange your negative control? What means of measuring odoriferousness will you adopt?

LOOK!

Edited by Allan Hall

Ita: ten-year tested

NOT a few Sunday Times readers following Peter Lennon's survey of dyslexia said plaintively what about it. It is ten years now since the virtues of ita (initial teaching alphabet) were categorically proved in teaching backward readers in Oldham. The children who were taught by this method had previously been stumped by the eccentricities of English spelling and adapted easily to a system where every sound has its own uninterchangeable symbol.

Whether this helps true dyslexics is a matter of controversy. Dyslexia is to some extent an inability to interpret written symbols. Whether these symbols are logically or illogically arranged makes little difference to true dyslexia though it undoubtedly speeds the ordinary learning process for most children.

What is currently disturbing the ita foundation is that ita's original rapid progress in schools has slackened off. Mr G. O'Halloran, general secretary of the ita foundation, says that currently ita is used in 15 to 20 per cent of British schools, which they find far too low, and the foundation is rethinking its methods of introducing ita into schools.

"Ita so far as scientific evidence goes, has never had one single adverse report. In the past we've relied on the proof of our results and approached directors

of education in order to do work shops for teachers. But there is a resistance to change among certain teachers and so we are reorientating our programme to aim at teachers' training colleges so that new teachers don't have to start without any knowledge of ita. We mailed all the training colleges and got a 50 per cent response, which is very high, and we hope to start in September." The foundation is convinced that the main block to the progress of ita is inertial and no positive objection.

One constantly raised objection to ita is that children who have learned it would then find it difficult to make the transition to normal spelling. But five million children in the world have so far managed it with no difficulty.

Two convincing facts: six times as many slow readers can read in the first year of trying with ita, compared with those learning conventional spelling. And in America, where ita has been much more readily accepted than here, the reduction in spending on remedial readers after ita has been adopted was 75 per cent. Let us hope that the training colleges respond.

ANOTHER dish chosen by Caroline Conran for her entries we had for our cheap recipe competition. It goes to Hazel Slack, Old Hall Road, Salford 7, for chopped hake or haddock patties (for six people).

Twenty penceworth or so baby hakes (or about 1½ haddock) skin and bones removed, large slice of bread, soaked in 1 cup water, 1 egg, 1 grated onion, pepper and salt to taste, 1 teaspoon sugar.

Chop fish about 5 minutes, add egg, onion and grated bread with water, salt, pepper, sugar. Chop for another few minutes until nice and fine. It is a soft mixture so does not take long. Make into patties (like hamburgers), dip into flour and fry in hot oil until brown on both sides.

"They look good," says Hazel Slack. "No waste, you can eat them hot or cold and they're grand enough for friends."

SINCE children spend most of their time playing on the floor, it is surprising that Mrs. America's excellent idea was not thought of before.

She has designed a PVC floor covering which not only protects the floor from crumbs and spill drinks but is an entertainment in itself. It is 6ft by 4ft 3in and printed on it are brightly coloured play sections. The section has a plan of a doll's house and a farmyard; another has pictures of a castle, garage and lots of roadway. The centre section has the alphabet, a chequer-board pattern for games like draughts and the numbers 1 to 20.

The great thing about it is that it wipes clean, can be rolled up and put away and can be easily carried about. It costs £2.99 from, among other toy shops, Hamley's and Heals' in London; Brown Muff & Co in Bradford; Blins Ltd in Sunderland and Middlebrough.

COMMON MARKET AD.
Drinks
Muscadet
Alan Peacock

I bought a carpet in mint condition.
It had a hole in the middle.
D. J. Mullarky

First-aid kit offer

ANYONE who defies the annual ritual of the summer holiday by mentioning health precautions and first aid, writes The Sunday Times doctor, gets much the same treatment as Cassandra did over the Trojan horse. Yet even in this country minor ailments and injuries can upset an otherwise serene fortnight—and waste a lot of time. Those going abroad often find it difficult to buy the home remedies on sale in every corner shop in Britain.

The Sunday Times has selected a comprehensive first-aid kit, at a cut-price of £3.20, which contains everything a family is likely to need.

No home should be without one, and at this time of year it becomes an essential part of holiday packing. (A first-aid kit like this one is obligatory equipment in cars in many European countries.)

The kit itself contains full instructions about treating every-day emergencies, but it is worth emphasising some points.

Briefly the principles of minor first aid are: use well-tried treatments, keep everything as clean as possible, and interfere as little as you can. Try to wash your hands before treating anything which may become infected—such as cuts, burns, and scalds; and try to do it in the eye. Treat the first three by cleaning with Savlon cream or cotton wool soaked in TCP and cover with a sterile dry dressing.

Try to flush out things in the eye with clean water in an eye bath; otherwise cover the eye with a sterile eye pad and bandage and get expert help.

Resist the temptation to prick or burst boils or blisters; covering with a dry dressing is all that is needed. Remove a splinter with the kit's tweezers, if the end is sticking out. But don't go digging around under the skin; often a splinter will come out by itself in a few days, so just cover the skin with a dry dressing.

Sunburn, insect bites, and nettle stings respond very well to Caladryl cream used promptly, and this can also ease the sting of a jellyfish.

Major first aid needs care and training, but details of some life-saving procedures are given in the booklet. In treating shock don't give the traditional drink—this will make any emergency

anaesthetic a risky and difficult business.

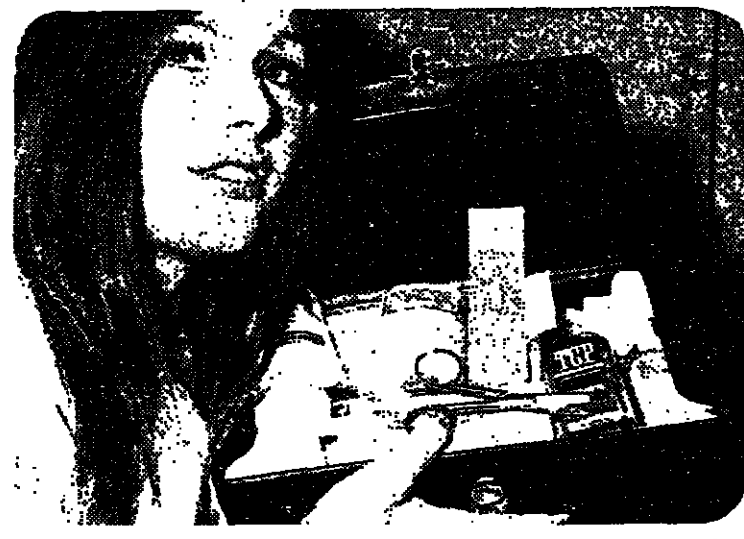
Do remember the importance of preventing a shocked person getting cold. Blankets over, and especially under, the person will help, but better still is a space blanket. Waterproof, the size and weight of a packet of tea, this could save a life.

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Follow the lily rules

GARDENING

SUMMER brings such a bounty of colour and fragrance to the garden after months of work that we would do well to spend some lazy hours enjoying what we have achieved and looking at what could be improved. Most gardeners spend far too much time working with their heads down, rather than looking, enjoying and analysing. Moving slowly up with the heat and drought; even weeds seem briefly to pause under mid-summer's spell.

Now the lily season is at its height—stately regales, the cool yellows of 'Destiny' and 'Lemon Time', the nutritious pink of 'Enchantment' and the rich deep crimson of 'Ruby' and 'Redstart', the superb trumpets flushed with yellow, pink or green with alluring names such as 'Black Dragon', 'Honeydew', 'Lime-light', 'Pink Perfection' and 'African Queen'. Lilies are undoubtedly the jewel of the garden, adding fragrance, colour and dynamic form that brings borders, woodland glades and shrubberies to life. In my small London garden a few tubs of regales have given enormous pleasure for three weeks, and I have seen several stands of Madonna Lilies (*L. candidum*) in the last few days that made the deadly sin of envy well up inside.

If only this exquisite lily were easier to grow. Even when we follow all the rules of full sun, shallow and early planting, good drainage and an alkaline soil, there is no sure guarantee that they will prosper, yet we continue to try, for Madonna Lilies, delphiniums and roses provide one of the loveliest of plant associations for the July garden.

It is worth taking a lot of trouble with lilies. Early delivery of lily bulbs in autumn instead of the first weeks of the new year is important. Last year I was assured that my lily bulbs would come at the right time, but the box arrived in January

while I was abroad and the bulbs sat for a few weeks. This was a bad start. Next the John Innes compost, bought from a theoretically reliable source, was disaster. It lacked porosity and even with additional peat and a little sand it baked hard.

When the pots were watered, the water lay on the surface for some time before it seeped through. How I wish I had used Levington potting compost or mixed my own, as the previous year's regales in Levington have again been a dream of beauty, with multiple spikes and double the number of flowers per stem. Fresh compost was added in the early spring after I scraped away the old compost, and I have used a liquid organic feed every 10 to 14 days. You must do this with a soil-less compost in the second season. In October I shall repeat the bulbs with fresh compost and put up the offsets to grow on to flower the following year.

In spite of all the problems, no garden should be without lilies. And if we can get bulbs at the right time and plant them quickly in good soil, we should have a fair measure of success. In October I shall repeat the bulbs with fresh compost and put up the offsets to grow on to flower the following year.

His lilies are grown under ideal conditions, lifted at the proper time in autumn as soon as they have ripened and despatched promptly. Demand for white trumpets has been considerable, but good stocks of other types are still available. These include 'Redstart', 'Ruby', 'Destiny', and 'Enchantment'. All are excellent growers and should increase if properly planted.

For cool, moist positions I recommend the Panther Lily, *Lilium pardalinum*, an American native. It likes partial shade, as does the famous hybrid 'Shuksan',



Madonna Lily: one of the most beautiful lilies of July

a six-ft Turk's cap type with multiple pendulous orange flowers spotted with deep maroon. Mr. Parson's prices are moderate and quality good, but please note that orders to a value of less than £2 cannot be accepted.

AS HOLIDAYS approach, happy hours can be spent with plant catalogues choosing spring bulbs, irises, peonies, new roses, trees and shrubs. Books on gardening are piling up, too, although few are outstanding. A History of Gardens and Gardening by Edward Hyams (Dent, £7.50) is a large, heavily illustrated volume that skims lightly from East to West, from century to century, touching on all manner of things pertaining to the vast subject of plants and landscaping, but alas, contributing little that is original or new. Mr. Hyams quotes various writers, including himself, at length.

In contrast Miles Hatfield's Topiary and Ornamental Hedges at £3.00 (Adams and Charles Black) is a lively book on an important subject, of interest to most gardeners. His approach is both historical and practical, with a wealth of material on the various plants that can be used for hedges and topiary of every size and description.

Lanning Roper

"This new natural gas greenhouse heater can revolutionise greenhouse culture."

Brian Walkden, Technical Editor, Amateur Gardening

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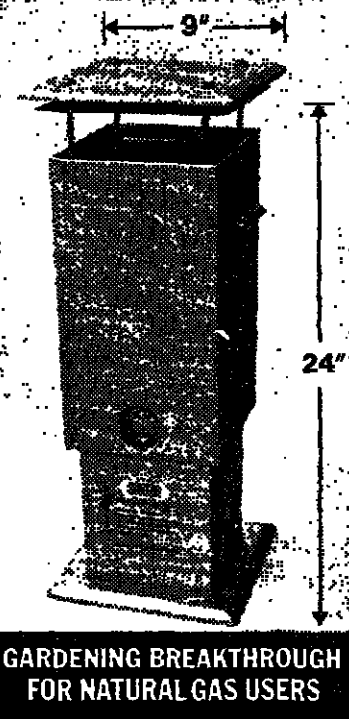
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LOOK!



Children's London

To find out what children like to do on their long summer holiday, as opposed to what adults think children like, we consumer-tested a number of entertainments and diversions available in London. We took 12 kids, ages ranging from seven to 13, on a two-day tour. Actually, it turned out that we chose pretty well, because nearly everything was a riotous success for everybody. From these reactions, parents might be able to judge what sort of thing is likely to keep their children amused

Madame Tussaud's and the Planetarium



Admission to everything 25p children, 50p adults. Madame Tussaud's open 10-7; Planetarium shows on the hour every hour from 11 to 6.

The Battle of Trafalgar
What we saw: Sailors shriek and cannon boom and the air is full of smoke. There is the affecting scene of the Death of Nelson and a portrait of Emma.

What we thought of it: It was very dark and noisy and we enjoyed it very much, especially the cramped feeling of being on board the Victory.

What we gave it: Nine of us gave it 5 out of 5. One or two deafened dissenters gave it 4.

Madame Tussaud's Main Hall
What we saw: There was Henry VIII and his six wives and telly boxes like David Frost, the Beatles and the moonmen. The place was hideously crowded and we lost our first child.

What we thought: The children could see that some of the wax-works weren't very like the originals and they would have liked to see more footballers. They also had to be steered firmly past the temptations of the slot machines to get there at all.

What we gave it: 4 out of 5. Four children said no, 31.

The Battle of Britain
What we saw: A long, sand-bagged tunnel. Enormous noise of air raids, wax figures of Churchill and Hitler and flicking photographs of wartime scenes. Very dark.

What we thought: We were confused and mostly uninterested. Most of the children, especially the girls, weren't quite sure what it was all about and were quite happy to leave.

What we gave it: 4 out of 5.

The Chamber of Horrors
What we saw: Murderers and victims dropped behind bars and in rooms. It was as crowded as the West End on a Saturday night and much hotter.

What we thought: One or two refused to come down. Those who did would have liked more information about the grisly nature of the crimes—after all, we came to be frightened. Sticky little hands reached for mine from time to time, but they all said they hadn't been afraid.

What we gave it: 4 out of 5 for being a let-down.

The Balcony Room: We had lunch under the blue fibreglass reeds and we were quickly and efficiently served with ham-

burgers, fish and chips, salad and Cokes. The chips were nice and brown and there was beer and cider for adults. It cost about 50p a head.

What we thought of it: Highly.

What we gave it: 5 out of 5.

★ ★ ★ ★ The Planetarium
What we saw: We saw the "Year and a Day" programme where the earth's motion is speeded up so that the sun, moon and planets careered across the sky like a celestial derby.

What we thought: The children were very impressed by the club and liked wandering round drawing, especially the masks.

What we gave it: 5 out of 5.

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What we thought: We thought it was magnificent. Everybody was frightened on the Ghost Train, especially by the clammy thing that touches your face as you leave, and could hardly wait to stagger trembling to the Haunted Gold Mine (murdered miners sprayed with gold dust) to be terrified all over again.

Marks: 5 out of 5.

The Horniman Museum, Forest Hill



Open 10.30-6 Monday to Saturday, 2-6 Sunday.

What we saw: The Horniman Museum houses a fascinating ethnographical collection of masks, shrines, costumes, animals; the trappings of black magic and narcotics and folk theatre. There is a very good children's club which hands out free paper, pencils and quizzes to visiting children, free of charge. The children spent an hour drawing and filling in the quiz sheets.

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Jilly Cooper: some of them are rather nice

I HAD rather a vitriolic go at Youth last week, and reproachful teenage eyes have been following me ever since. What I failed to point out is how pretty and how nice most teenagers look today—and to prove it here is a picture of my 14-year-old step-daughter Laura who is visiting us from America, and her English friend, 16-year-old Tory Hall (left).

Laura is wearing a yellow mini-smock from Dolly-rockers, £3.95; also in green and heidi-trope. Sizes 10-14. Available from all Peter Robinson stores, Miss Selfridge, Harrods, Renee Shaw, Sutton, Surrey, and Brighton, and Fraser's of Glasgow. Full list of stockists from Samuel Sherman Ltd., 12 Princes Street, Hanover Square, W1.

Tory wears a dress in printed blue black cotton, £4.75, and a slate blue apron, £1.50. Sizes 8-14. Both obtainable from Laura Ashley shops, Fulham Road, London, SW3, Bath and Shrewsbury.



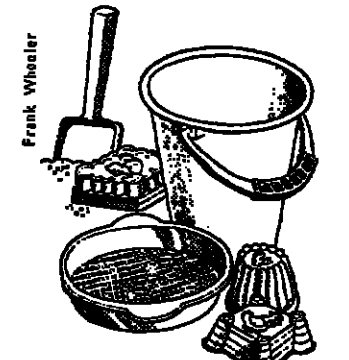
John Timbers



A HANDMADE traditional hay wagon suited down for children. Made from Pirana pine, it is meant for rough use and is extremely strong, £4 (35p p. and p.) direct from Stratford-on-Avon Handicrafts, 38 Aston Carloway Road, Wilmore, Stratford-on-Avon. In London it can be bought from Cueing at 8 England's Lane, NW5 and 4 Ladbroke Grove, W11.



THIS TOY was designed for handicapped children but is just as much fun for all the others. Made of a strong plastic shell, it is driven and steered by two hand levers and moves backwards, forwards or in circles. Most suitable for ages 14-18, £11.95 from John Adams Toys Ltd., Mail Order Dept., Crazies Hill, Wargrave, Berkshire (95p p. and p.). Also ask for their catalogue of sturdy, well-made toys, both for indoors and out.



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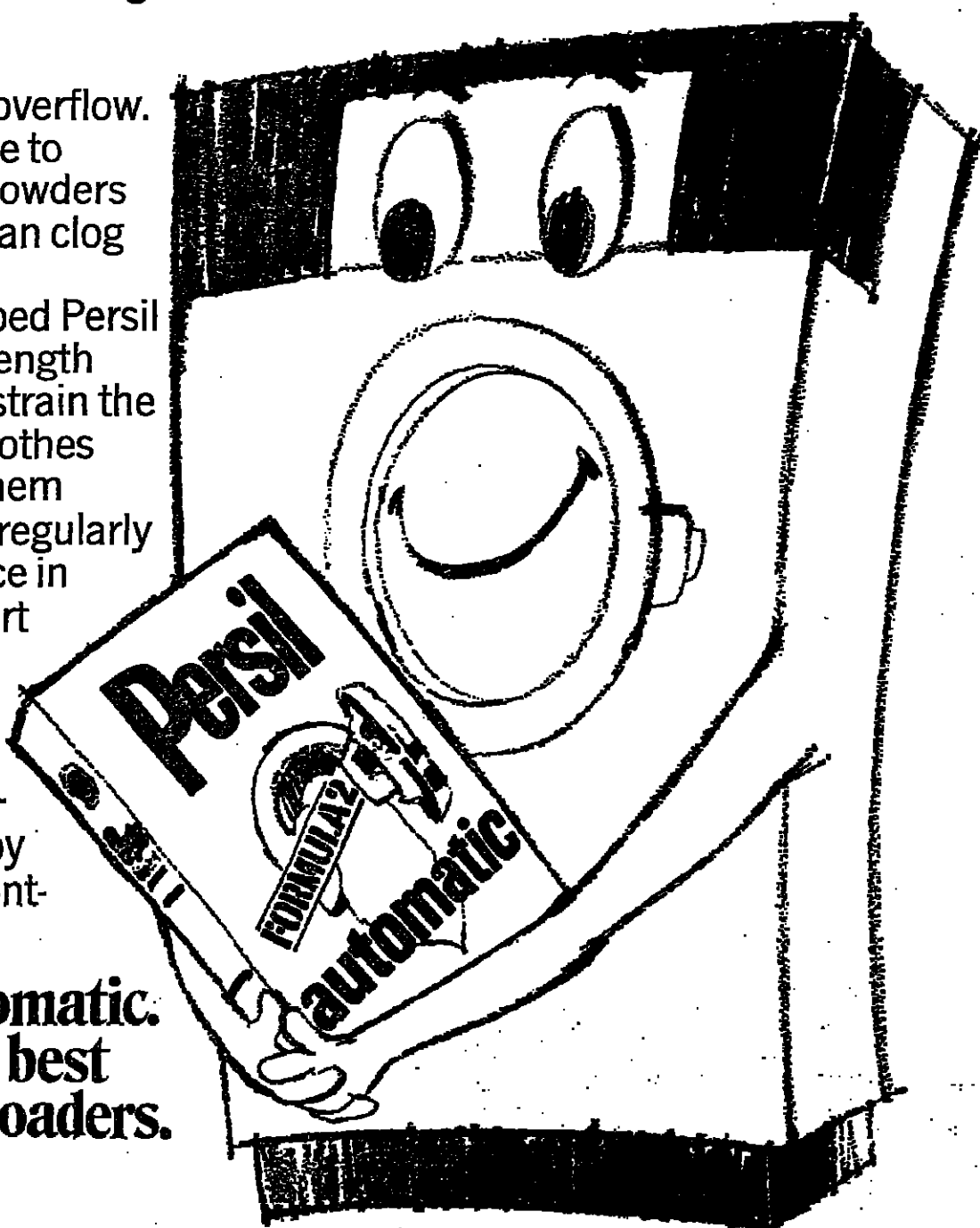
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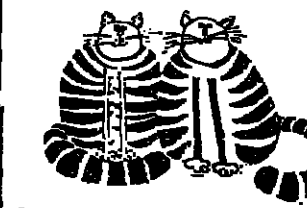
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The Children's Zoo



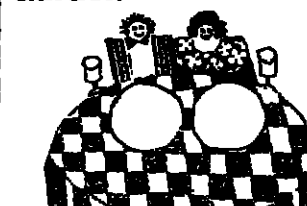
Children 3p, adults 5p. Open 1.30-5.30 weekdays in good weather, 11.30-5.30 at weekends, school and Bank holidays.

What we saw: The zoo is full of small wandering animals, like sheep and goats. There are penguins, and a llama and an otter in a pool. You can touch the sheep and goats.

What we thought: The children didn't like the zoo very much. They thought it was very small and they didn't like seeing some of the animals in cages.

What we gave it: 3 out of 5.

Derry & Toms Roof Garden



Children 5p, adults 10p. Open from 9.30 to 5.30 every day except Thursday when it's open till 7. Afternoon tea served 3-5.

What we did: We had tea. A set tea of sandwiches, scones and jam and cakes. We could have had orange and lemon for the same price as tea, but we went for milk shakes, Pepsis and ice-cream sodas. In a final reckless fling we ordered a fleet of knickerbocker glories. The bill for 15 of us was just over £9.

What we thought: Delicious.

What we gave it: 5 out of 5.

BY LESLEY GARNER with help from Jean Davis, Kate and Johnnie Harrison, Gerald Moriarty, Quina, Petre and Nicky Smith, Patrick Murphy, Mark Hasler, Katherine and Paul Davis, James and Blacy Greig.

For other excellent ideas on where to take children in London, the Camden Association for the Advancement of State Education (CASE) have produced their own booklet, *Make the Most of Your Holiday*. If your child goes to school in Camden you should have had one already. If not, send a stamped, addressed envelope, not less than 6in. x 8in., to CASE, 10 Brookfield Park, NW5. They will send a copy so long as stocks last.

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Perky gal. of roses backing on to wild wood. CENT. HEAT. Flmr
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garden, gr. durn., 6 bedrms, no dwn. vast 24ft. x 10 ft. v. large
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